

Supplementary Materials:

Supplementary Table 1. Inclusion and Exclusion Criteria for Trial Participation

Inclusion criteria	Exclusion Criteria
Either gender	Regular use of omega-3 or omega-6 supplements
18 years of age and above	History of eating disorder
Headaches ≥ 4 hours per day and ≥ 15 days per month for ≥ 3 months	Evidence of a secondary headache disorder attributed to: <ul style="list-style-type: none"> • Head and/or neck trauma • Cranial or cervical vascular disorder • Non-vascular cranial disorder • Substance use or withdrawal • Infection • Disorder of hemostasis • Psychiatric disorder
Headache history of more than two years	Current major medical illness such as malignancy, autoimmune or immune deficiency, diabetes mellitus
Under the care of a physician for headache treatment	Uncontrolled Psychosis
Willing to document daily headache characteristics and use of medications for ≥ 16 weeks	Pregnancy
Able to read and communicate in English	

Supplementary Table 2. Headache-related medication categories

Medication Categories	Specific Medications
Acute pain medications	
Vasoactive abortive	Triptans (sumatriptan, rizatriptan, zolmitriptan, eletriptan, almotriptan, frovatriptan, naratriptan), ergotamine, dihydroergotamine, isometheptene
Acute opioids	Oxycodone, hydrocodone, hydromorphone, propoxyphene, codeine, buprenorphine, butalbital, tramadol
NSAIDs and related medications	Ibuprofen, naproxen, ketorolac, diclofenac, aspirin (prn use only), celecoxib, meloxicam, piroxicam, nabumetone, etodolac, ketoprofen, acetaminophen
Adjunctive headache-related agents	Anti-emetics (phenergan, ondansetron), anxiolytics (diazepam, alprazolam, lorazepam, buspirone), caffeine (as medication), muscle relaxants (cyclobenzaprine, methocarbamol, tizanidine, metaxalone), sleep aids/hypnotics (quetiapine, trazadone, zolpidem, eszopiclone), lidocaine topical patch
Preventive medications	Anticonvulsants (valproate, topiramate, lamotrigine, gabapentin, pregabalin, carbamazepine), antidepressants (duloxetine, venlafaxine, amitriptyline, nortriptyline, doxepin, clomipramine, sertraline, citalopram, fluoxetine, bupropion), vasoactive preventive medications (beta blockers, alpha blockers, calcium channel blockers), aspirin (daily use only), riboflavin, magnesium, and long-acting opiates (fentanyl, methadone, oxycontin)